



DON'T BE SAD

By Shams T

How to avoid falling into the
trap of depression

Thud! Your world comes crashing down on you; the loss of a loved one, a sudden illness, trust irreparably broken... A cloud of pain, uncertainty, and doubt engulfs you. A thousand desperate questions whirring through your mind at breakneck speed. Why me? What did I do wrong? Why did Allah choose this for me? Why are my Duaas never answered?

Life, by its very nature, is riddled with hardships and pain. There are times when the ocean of grief seems so terribly vast, and we wonder frantically, if we will ever traverse it. Humans, created so weak and fallible, we find ourselves bowing under the force of tragedy, a lone blade of grass in a wild storm. Engulfed by roiling storm clouds, we begin to believe that the sun will never rise again. This belief adds fuel to the already burning embers of fear and paranoia in our minds. However, in our haze of desperation, we forget one important fact:

He who allows the sun to rise over this expansive, extraordinary world every single day, will certainly cause your sun to rise too.

Imagine if every day when the sun sets, you watch it go down with a sense of fear, supposing it might not return at dawn. You toss and turn restlessly under the cover of darkness, frantic with worry and distress. Even if the sun would rise the next day, you would be too exhausted to appreciate its beauty.

In the same vein, we tend to waste our precious time entertaining a roller-coaster of thoughts about the uncertainties of tomorrow. Hence, when tomorrow finally arrives, our minds are drained and void of energy.

This is the result of attaching too much importance and attention to futile and baseless thoughts. Remember, what you see around you is a projection of your thoughts. If you choose to gaze through the lens of despondency, your world will only ever be colored grey.

Allah ﷻ states in the Quran:

إِنَّمَا اللَّجْوَىٰ مِنَ الشَّيْطَانِ لِيَحْزُنَ الَّذِينَ ءَامَنُوا وَلَيْسَ بِضَارِّهِمْ شَيْئًا إِلَّا بِإِذْنِ اللَّهِ وَعَلَى اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ

Secret talks (whispers) are only inspired by Shaytan to grieve the believers. Yet he cannot harm them whatsoever except by Allah's Will. So in Allah let the believers put their trust.

[58:10]

Difficulties and hardships are an inseparable element of our lives, but they do not necessitate depression. Often, when Shaytan fails to mislead a person through the popular fitan, he uses the dangerous trap of ingratitude. Yes, it is okay to be sad sometimes, as we are only human. However, sadness in the long term makes a person weak. It makes one despondent of Hope in the Rahmah (mercy) of Allah ﷻ. This despondency can lead a person to eventually begin questioning the decree of Allah ﷻ.

وَلَا تَهِنُوا وَلَا تَحْزِنُوا وَأَنْتُمْ الْأَعْلَوْنَ إِنْ كُنْتُمْ مُؤْمِنِينَ

Do not falter or grieve, for you will have the upper hand, if you are 'true' believers.

[3:139]

Ask yourself, what if we had to take care of matters more analytically? What if we dissected every difficulty like a specimen in a lab? We could brainstorm and root down the causes of our problems. Instead of saying, "I hate my life!", you could break it down and start analysing the causes of the stress and distress in your life. And trust me, brain storming helps! Take a pen and paper, sit and write each detail of what you dislike about your life. You can cross out each point as you find a practical solution for it. Moreover you would need a mentor or a Shaykh to help you tackle some of the problems or identify some of the solutions you can't think of.

Whenever the sea of sadness threatens to drag you under, try to do the following:

- Stay in the righteous company of the chosen servants of Allah.
- Seek refuge in Allah from Shaytan and his traps.
- Listen and recite the magnificent words of Your Rabb.
- Ponder over the innumerable blessings that Allah ﷻ has blessed you with.

Above all, remember the beautiful promise of your Rabb:

إِن مَّعَ الْعُسْرِ يُسْرًا فَإِن مَّعَ الْعُسْرِ يُسْرًا

“For indeed, with hardship [will be] ease. Certainly, with hardship [will be] ease.”

[Qur'an 94: 5-6]

Hold on the timeless Duaas of
Rasulullah ﷺ in which He teaches us
to seek protection in Allah from
sadness and grief:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ،
وَالْبُخْلِ وَالْجُبْنِ، وَفَلَاحِ الدَّيْنِ، وَغَلَبَةِ الرِّجَالِ

O Allah, I seek refuge in You from grief and
sadness, from weakness and from laziness, from
miserliness and from cowardice, from being
overcome by debt and being overpowered by men
(i.e. others).

In the churning seas of life, hold on to
the lifeboat of patience and gratitude.
Appreciate the blessings of your Rabb
and seek His help. Let His promise
propel you above the clouds of grief
and despair;

**“Verily, with every difficulty there is
ease. Certainly, with every difficulty
there is ease.”**